Lunch Menu

SONSHINE LEARNING CENTER

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
5 Pizza Beans Oranges	**6** Chicken Pasta Mixed Vegetables Fruit	**7** Mac and Cheese Broccoli Fruit	**8** Chicken and Rice Casserole Vegetable Apples	**9** Tomato Soup Cheese and Crackers Fruit
12 Pizza Mixed Vegetables Melon	**13** Chicken Tacos Lettuce and Tomato Apples	**14** Stew with Carrots and Potatoes Fruit Roll	**15** Hamburgers Roasted Potatoes Broccoli Oranges	**16** Turkey Sandwich Cucumbers Pears
19 Pizza Cucumbers Oranges	**20** Pork Roast Pasta Mixed Vegetables Pears	**21** Chicken Drumsticks Potatoes Corn Apples Roll	**22** Pork Stir Fry with Vegetables Rice Bananas	**23** Chicken Soup Cheese Crackers Fruit
26 Pizza Mixed Vegetables Melon	**27** Jambalaya Cucumbers Bananas	**28** Cheese Tortellini Corn and Peppers Oranges	**29** Stroganoff Pasta Peas Apples	**30** Chicken Roasted Potatoes Beans Berries

Breakfast consists of unflavored whole milk for children one year old, unflavored low-fat or fat-free milk for children older than two years old; a fruit; and one of the following whole grain cereals: Cherrios, Rice Chex, Corn Chex, Wheat Chex.
Afternoon snack consists of one grain, protein, or dairy product and one fruit or vegetable.
Note: non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs. All hotdish and casserole dishes include rice or noodles. A protein like beans, veggie burgers, or tofu will be served in place of meat as needed for those who do not eat meat.